

**From Jon**

What a bloody epic effort from everyone who swam, managed and supported at Wellington LC Champs – well done to the swimmers most of whom were tough through what was a very difficult meet to perform at. I was very pleased with those of you who got through your event without moaning and who just got up and raced well – I’ve got to give a special mention to Ballad who Pb’ed in every race!, raced aggressively all weekend and didn’t spill one negative comment about himself , his team or the meet!

It was great to see the swimmers who had put in a solid season of training and prep thus far doing well and especially pleasing seeing a portion of swimmers getting on with the Job without any Drama.

Many Thanks to our Managers and officials who braved the long sessions and to Shane for his help with Coaching



*Soni MALAULAU and some of the officials that kept the meet going*

**Raumati Swimming Club Medal Talley**

GOLD	SILVER	BRONZE
7	8	11

**Overall Swimmer of the Meet - Oli Lusk 2 Gold's 1 Silver 1 Wellington Record**



*Oli Lusk throws a flex down after receiving the Gold for the 50BR*

**Wellington LC Champs Swimmers and Swims of the Session**

Session 1 – Swimmer of the Session Hollie Duncie – a solid 800m swim with a nice negative split not a pb but a good effort and 5<sup>th</sup> place

Session 2 – Swimmer of the Session – Paige Enoke 400Fr 4<sup>th</sup> in the Finals 13yr

Swim(s) of the session – Matanoko McDonald and very strong swim in t 50Fr and a pb by over 3 sec

Ben Clarke smashed his 100Br pb by 7sec to make his first regional final

Charlotte Meyer qualified for Junior Nationals in her 50Fr

Ballad Woodley Hanan – a very strong 100Br swim 3 sec pb and into the final in 2<sup>nd</sup> place

Session 3 – Swimmer of the Session – Emily Malaulau 3 Finals 1 Gold 1 Silver

Swims of the Session – Another very strong swim for Ballad in the 100Br just short of NAGS but a very brave swim and bronze

Oli Lusk 100Br 16/17yr – Gold and a very solid swim to dominate the competition

Dayna Lawton 50Fr 16/17yr Gold great to see Dayna produce in her main event

#### Session 4

Swimmer of the Session – Paige Enoka 4<sup>th</sup> 400fr 13yr

Swims of the Session

Renee Lawton 200Fr a great 5 sec pb and a NAGS time!

Ballad Woodley Hanan 200IM a pb by 4 sec

Brit Enoka 200Fr 18 sec pb!

Big Willy Lopez-Sanchez a great 3.5 sec pb in his 50Fly at his first Regional Champs

#### Session 5

Swimmer of the Session – Paige Enoka – Gold 100Bk 13yr

Swims of the Session – Ballad Woodley Hanan 200Br a 9 Sec pb!

A bit of controversy with this one: Finn O’Neil had a massive day in his 50 Fly improving in the morning from 35.6 to 34.0 then in the final swam 32.8 and Silver only to find out afterwards the ref had seen him move at the start thus was DQed – this swim was a real step up for Finn – both me and Shane are hopeful for a great redeeming swim in this event at Junior Nationals



*Paige Enoka celebrates Gold in the 100m Back with a cheeky grin*

Session 6

Swimmer of the Session – Oli Lusk – a very powerful heat swim in the 50m Br 30.8

Swims of the Session – Ballard Woodley Hanan a great pb in the 50Br (almost NAGS!)

Renee Lawton 100Fly a 3 sec pb!

Kate 4 Star – an Aggressive swim and PB in the 18 and Over 100Fly

Session 7

Swimmer of the Session – Oli Lusk – 50Br Gold and Wellington Record! 30.26

Finn O'Neil I Bronze in the 12yr 100Fly

Swims of the Session – Boston Hunt 50Br Gold 11yr – 39.23

Ballard Woodley Hanan 50Br 36.81!!! a NAGS Qualifying Time!

Renee Lawton had a very good swim in the 100FR 14yrs 1.03.7 to pb and another NAGS Time

*Ballad the red headed beast gets his NAGS time!!! ... and smells his arm pit?*

